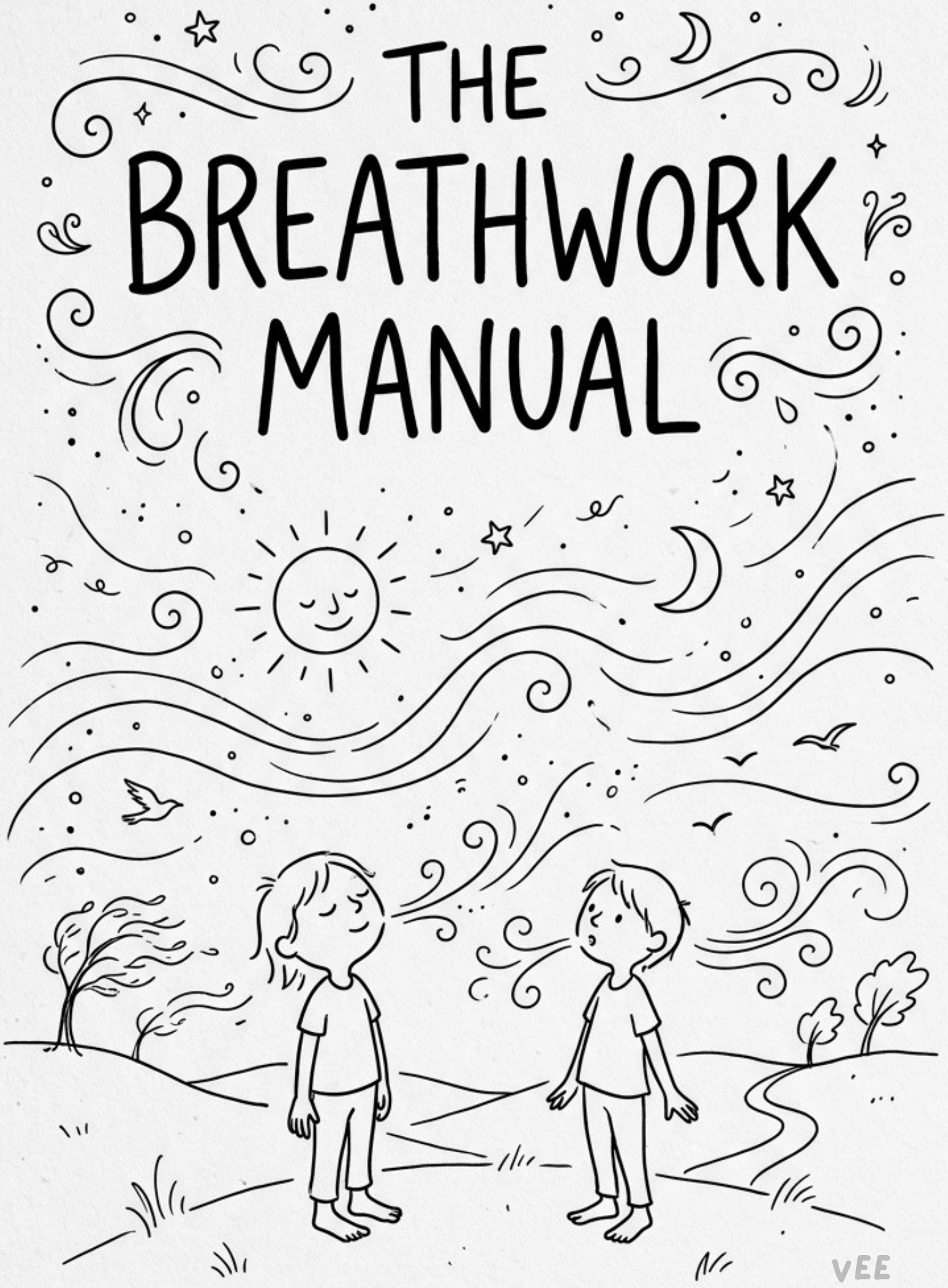
THE BREATHWORK MANUAL



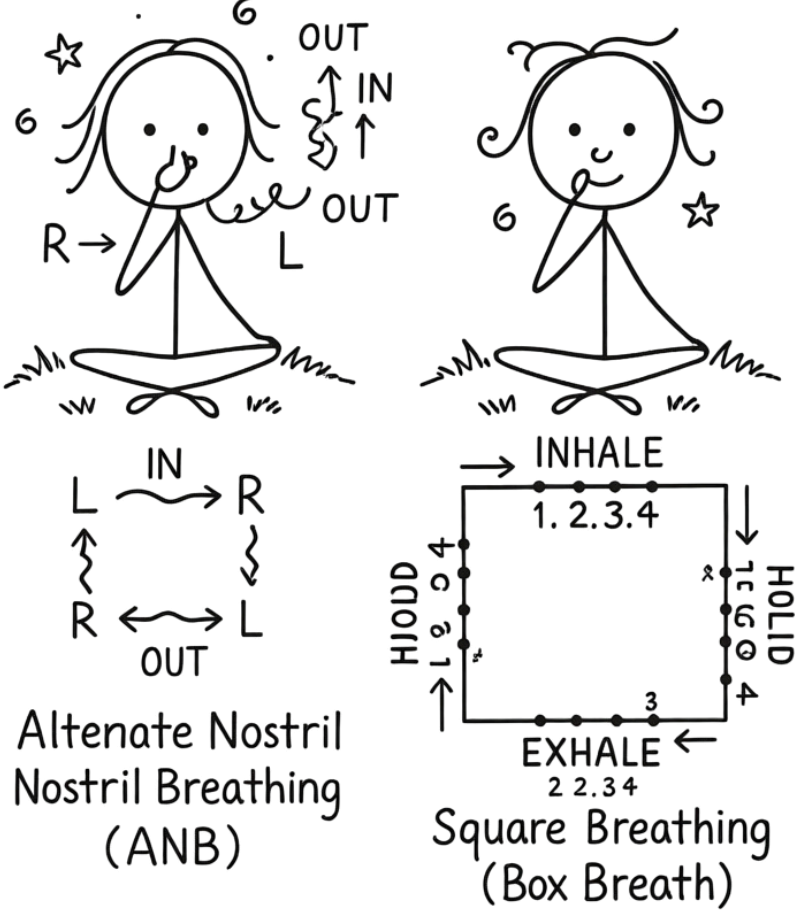
Foundation and Rhythm

Diaphragmatic Breathing.

. To practice this, place one hand on your belly and one on your chest, inhale deeply through your nose so your belly expands, and then exhale slowly, drawing your belly inward. This reduces stress and improves lung capacity.

Ujjayi Breath

To do this, inhale gently through both nostrils while constricting the back of your throat as if you're whispering, creating a soft oceanic sound. as you exhale, you keep the back of your throat constricted just like you did on the inhale, maintaining that soft, oceanic sound as the air flows out through your nose.
This helps extend the breath and deepen your sense of control.
This helps regulate body temperature and calm the mind.



Balance and Calm

Alternate Nostril Breathing

To practice this, use your right thumb to close your right nostril and inhale deeply through your left. Then, close your left nostril with your right ring finger and exhale through the right. Inhale through the right, close it, and exhale through the left. This technique balances the left and right hemispheres of the brain and calms the nervous system.

Box Breath

To do this, inhale for four seconds, hold your breath for four, exhale for four, and hold again for four. Continue this pattern to regulate your nervous system and lower stress.

Energy and Vitality

Wim Hof Breathing Technique

To do this, get into a comfortable position and take thirty to forty deep, rhythmic breaths, inhaling deeply and exhaling gently without force. After your final exhale, hold your breath for as long as you comfortably can, and when you feel the urge to breathe, inhale fully, hold for about ten to fifteen seconds, and then exhale completely.
Repeat this cycle for three rounds.

Bhastrika Pranayamaor Bellows Breath.

To practice this, sit with a straight spine and take rapid, forceful inhales and exhales through your nose, using your diaphragm to power each breath. This technique invigorates the body and sharpens the mind.

Release and Rest

4-7-8 Breathing

To practice this, inhale quietly through your nose for a count of four, hold your breath for a count of seven, and exhale completely through your mouth, making a whooshing sound for a count of eight. This technique helps reduce anxiety and prepare the body for sleep.

Physiological Sigh

To do this, take a deep breath in through your nose, followed by a quick, sharp second inhalation through your nose to fill the lungs completely, and then let out a long, slow, releasing exhale through your mouth. This helps reset your nervous system and brings a sense of calm.

Some more advanced techniques to explore later. You could look into Tummo Breathing, a powerful inner-fire meditation, or advanced Kumbhaka, which involves precise and prolonged breath retentions. These practices deepen your control and energetic capacity but do require careful practice.

Please consult a healthcare professional before beginning any new breathing practices, especially if you have pre-existing health conditions. Always practice in a safe environment, never in or near water or while driving. Listen to your body, and do not push beyond your current comfortable limits.

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